



Caregiver Resources

(See also <u>Caregiver Issues</u>, <u>Care/Case Management</u>, <u>Alzheimer's Disease and Related</u> <u>Dementia</u>, <u>Grandparents Raising Grandchildren and State-Wide Service Directories</u>)

Caregiving by family members in our society is the primary source of support for individuals of all ages with physical, mental and chronic health care conditions. Thousands of Internet sites now have information relevant to parents, children of parents, spouses and others suddenly thrust into the role of caring for a loved one. Caregiver web sites listed here include government, non-profit and commercial sites that include links to a variety of resources. Also includes are state specific sites with caregiver information links and articles which provide information of general use to family caregivers. If you cannot find the information you seek use the Eldercare web site or call the toll-free National Eldercare Locator at 800-677-1116 to find the telephone number of your local information and referral service.

- General Guides
- Assistance Topics
- <u>Hiring In-Home Help</u>
- National Family Caregiver Support Program
- Other Federal Government Programs
- Non Profit Caregiver Organizations
- State Agency Caregiver Assistance Sites
- Other Caregiver Sites

Need to Contact an Information Specialist?

Call the National Eldercare Locator: 1-800-1116 or

Use the web directory of aging information centers: http://www.eldercare.gov/

General Guides

Eldercare At Home – Guide for Caregivers

(American Geriatrics Association)

http://www.healthinaging.org/public education/eldercare/contents.php

Tips for Caregivers of People with Alzheimer's Disease

(National Institute on Aging)

http://www.alzheimers.org/pubs/careguide.htm

Guide to the Family & Medical Leave Act:

(National Partnership for Women and Families)

http://www.nationalpartnership.org/content.cfm?L1=8&L2=1&DBT=Guides&GSID=32 &HeaderTitle=Family%20%26%20Medical%20Leave

Can We Talk? Families Discuss Older Parents Ability to Live Independently (AARP)

http://research.aarp.org/il/ind_liv.pdf

Eldercare At Home

(AGS Foundation for Health in Aging)

http://www.healthinaging.org/public education/eldercare/contents.php

Fact Sheet: Caregiving and Depression

(Family Caregiving Alliance)

http://www.caregiver.org/factsheets/caregiving_depression.html

Explaining Medicare to Caregivers

(Center for Medicare Education)

http://www.futureofaging.org/publications/data/V3N7 Revised.pdf

Medicare and Durable Medical Equipment

(Center for Medicare Education)

http://www.futureofaging.org/publications/data/V3N10.pdf

Caregiver's Guide to Hospital Discharge Planning

(United Hospital Fund of New York)

http://www.uhfnyc.org/usr_doc/DischargePlan Fam.pdf

Care Resource Planner Decision Support Tool

(Centers for Medicare and Medicaid Services)

http://www2.careplanner.org/

Prepare for Your Role as Caregiver

(American Federation of State, County and Municipal Employees, AFL-CIO)

http://www.afscme.org/wrkplace/elder03.htm

Paying for Long Term Care

(American Health Care Association)

http://www.longtermcareliving.com/financial information/index.htm

Working Solutions

(AARP)

http://workingsolutions.aarp.org/resources/elder care.asp

Caregivers: Rewards and Burdens (Myths of Caregiving)

(Center on Aging, University of Missouri-Kansas City)

http://iml.umkc.edu/casww/caregivg.htm

Assistance Topics

These are selective of resource links found on other aging topic pages. Use main topic index for more links

Medicare

Talking to Your Parents about Medicare and Health Coverage

(Kaiser Family Foundation)

http://www.kff.org/content/2003/6068/

Driving

When You Are Concerned – A Handbook for Families, Friends, and Caregivers Worried about the Safety of an Aging Driver

(New York Department for the Aging)

http://aging.state.ny.us/caring/concerned/

When You Are Concerned – A Handbook for Families, Friends, and Caregivers Worried about the Safety of an Aging Driver (New York Department for the Aging)

http://aging.state.nv.us/caring/concerned/

Legal Issues

Caregivers: Checking Legal Issues

(AARP)

http://www.aarp.org/confacts/caregive/legalissue.html

Family Communications

Using Family Meetings to Resolve Eldercare Issues

(Elder Care On-Line)

http://www.ec-online.net/Knowledge/Articles/familymeetings.html

Do You Have a Difficult Parent?

(Aging Network Services)

http://www.agingnets.com/questionaire.html

Respite Care (Adult Day Care Services)

An Easy 8 Step Guide to Selecting A Respite Center

(Health Caregiver.Com)

http://www.healthycaregiver.com/html/8 easy step guide.htm

Hiring In-Home Help

Hiring a Home Health Care Worker Self-Help Guide

(Center for Poverty Law)

http://www.povertylaw.org/legalresearch/hotline/hdocs/52393.rtf

Hiring In-Home Help

(Hospice Net)

http://www.hospicenet.org/html/hiring help.html

Hiring In-Home Help

(Family Caregiver Alliance)

http://www.caregiver.org/factsheets/hiring help.html

Hiring and Management of Personal Care Assistants for Individuals with Spinal Cord Injury

(The Rehabilitation Research Center for Traumatic Brain and Spinal Cord Injury) http://www.tbi-sci.org/pdf/pas.pdf

Parenting Your Parents

(Iowa Public Television)

http://www.iptv.org/parentingyourparents/

National Family Caregiver Support Program

National Family Caregiver Support Program (U.S. Administration on Aging) http://www.aoa.gov/carenetwork/default.htm

Other Caregiver Information at the Administration on Aging

For Caregivers

http://www.aoa.gov/eldfam/For Caregivers/For Caregivers.asp

Administration on Aging Fact Sheets

http://www.aoa.gov/press/fact/alpha/fact family caregiver.asp

Resource Directory for Older Persons

http://www.aoa.gov/eldfam/How To Find/ResourceDirectory/resource directory.asp

Because We Care – A Guide for People Who Care

http://www.aoa.gov/wecare/default.htm

Other Federal Government Program

Caregiver - Medline

(National Library of Medicine)

http://www.nlm.nih.gov/medlineplus/caregivers.html

Access America for Seniors

http://www.seniors.gov/

Healthfinder - A Gateway Consumer Health Information Web Site

http://www.healthfinder.gov/

Non-Profit Caregiver Organizations

American Association for Caregiver Education

http://www.caregivered.org/

Benefits Checkup

http://www.benefitscheckup.org/

Caregivers – USA

http://www.caregivers-usa.org/index.html

Care Planner

http://www2.careplanner.org/

Caregiver Support Network – Directories

http://www.ec-online.net/Community/Activists/can.htm

Center for Family Caregivers

http://www.familycaregivers.org/

Children of Aging Parents

http://www.caps4caregivers.org./

Eldercare At Home

(Foundation for Health in Aging)

http://healthinaging.org/public_education/eldercare/

Family Caregiving Alliance

http://www.caregiver.org/

A Good Life

http://www.agoodlife.org/

National Alliance for Caregiving

http://www.caregiving.org/

National Family Caregivers Association

http://www.nfcacares.org/

National Organizations for Empowering Caregivers

http://www.nofec.org/

National Partnership for Women and Famlies

http://www.nationalpartnership.org/

Well Spouse Foundation

http://www.wellspouse.org/

State Agency Caregiver Assistance Sites

Alabama

Alabama Cares – Support for Caregivers

(Alabama Department of Senior Services) http://www.adss.state.al.us/AlaCare/index.htm

Connecticut

Caregiving

(Connecticut Division of Elderly Services) http://www.ctelderlyservices.state.ct.us/ProgramsFrm.htm

Delaware

Caregiver Information and Support

(Division of Services for Seniors and Adults with Physical Disabilities) http://www.dsaapd.com/caregive.htm

Florida

Caring for an Elder

(Florida Department on Aging) http://elderaffairs.state.fl.us/doea/english/caring.html

Idaho

Family Caregiver Support Program

(Idaho Commission on Aging)
http://www.idahoaging.com/programs/ps caregiver.htm

lowa

Iowa Family Caregivers Support Program

(Iowa Association of Area Agencies on Aging) http://www.iowafamilycaregiver.org/

Illinois

Illinois Family Caregiver Support Program

(Illinois Department on Aging)

http://www.state.il.us/aging/1caregivers/caregivers-main.htm

Maine

Family Caregiver Support Program

(Bureau of Elder and Adult Services)

http://www.state.me.us/dhs/beas/nfcsp.htm

Massachusetts

Connection for Caregivers

(Central Massachusetts Area Agency on Aging) http://media.seniorconnection.org/

nup.//media.semorconnection.or

Maryland

Caregiving

(Maryland Department on Aging)

http://www.mdoa.state.md.us/Caregiving/

Michigan

Caregiver's Corner

(Michigan Access to Seniors)

http://www.miseniors.net/weassist/caregivers.asp?CatID=4&SubCatID=11

Minnesota

CaregiverMN.org

(Dakota Area Resources and Transportation for Seniors)

http://www.caregivermn.org/HomePage.asp

Mississippi

Family Caregiver Support Program

(Mississippi Division of Aging and Adult Services)

http://www.mdhs.state.ms.us/aas_mfcsp.htm

Missouri

Missouri Caregiver Background Screening Service

(Office of the Governor)

http://www.gov.state.mo.us/background/index.htm

Nevada

Nevada's Website for Caregivers

(Nevada Division for Aging Services)

http://www.nveldercare.org/

New Mexico

Caregiver Support

(New Mexico State Agency on Aging)

http://www.nmaging.state.nm.us/talk.html

New York

Families and Caregivers

(New York State Office for the Aging) http://aging.state.ny.us/caring/index.htm

North Carolina

Family Caregiver Support Program

http://www.dhhs.state.nc.us/aging/fcaregr/fchome.htm

Help for Family Caregivers

(North Carolina Division of Aging) http://www.dhhs.state.nc.us/aging/cargvr.htm

Ohio

The Ohio Long Term Care Consumer Guide

(Ohio Department on Aging)

http://www4.state.oh.us/longtermcareguide/consumer/index.asp

Oklahoma

Caregivers

(Oklahoma Aging Services Division) http://www.okdhs.org/aging/caregivers.htm

Oregon

Caregiving

(Oregon Department of Human Services)

http://www.dhs.state.or.us/seniors/caregiving/index.htm

Pennsylvania

Availability of Care

(Pennsylvania Department on Aging)

http://www.longtermcare.state.pa.us/Index.asp?id=3&fs=2

South Carolina

Family Caregiver Support Program

(South Carolina Department of Health and Social Serivces)

http://www.dhhs.state.sc.us/InsideDHHS/Bureaus/BureauofSeniorService9442132003.htm

South Dakota

Caregiver Support

(South Dakota Adult Services and Aging) http://www.state.sd.us/social/ASA/Caregiver/index.htm

Tennessee

National Family Caregiver Support Program

(Tennessee Commission on Aging) http://www.state.tn.us/comaging/caregiving.html

Texas

Caregiving Resources

(Texas Department on Aging) http://www.tdoa.state.tx.us/CaregivingResources.htm

Virginia

Senior Navigator

http://www.seniornavigator.com/

Washington

Help for Caregivers: You're Not Alone

(Washington Aging and Adult Services Administration) http://www.aasa.dshs.wa.gov/topics/caregiving/caregiving.htm

Wisconsin

Family Caregivers Information

(Wisconsin Department of Health and Family Services) http://www.dhfs.state.wi.us/Aging/caregiver.htm

Other Caregiver Sites

AgeNet

http://www.agenet.com/

A Place for Mom

http://www.aplaceformom.com/

Caregiver

http://www.caregiver.com/

Caregivers Guide

http://www.caregiversguide.com/

CaregiverCount

http://caregiverscount.com/

CareGuide

http://www.careguide.com/

Care Scout

http://www.carescout.com/

Caregivers Central

http://www.caregiverscentral.net/

Caregiving.com

http://www.caregiving.com/

Caregivers.com

http://www.caregivers.com/

CaregiversWorld

http://www.caregiversworld.com/

Elder Care On-Line

http://www.ec-online.net/

Elder Web

http://www.elderweb.com/

Empowering Caregivers

http://www.care-givers.com/

Family Caregiver America

http://www.familycareamerica.com/

Healing Arts Communications

http://www.homecarecompanion.com/aboutus.html

Healthy Caregiver.com

http://www.healthycaregiver.com/

Home Health Finders

http://homehealthaidefinders.com/

How to Care – Your Eldercare Survival Guide

http://www.howtocare.com/

Senior Care Web

http://seniorcareweb.com/

Support Path

http://www.supportpath.com/

Work and Family Connection

http://www.workfamily.com/

BMC: 05/09/03

Center for Communications and Consumer Services

U.S. Administration on Aging

Tel. 202-619-0724 Fax: 202-357-3523

Internet: http://www.aoa.gov
Email: aoainfo@aoa.gov